# Program Schedule
## 16th Annual Women’s Health Update
March 5-7, 2020

### Thursday, March 5, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:45 a.m.</td>
<td>Registration &amp; Continental Breakfast</td>
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<tr>
<td>7:20 a.m.</td>
<td>Welcome &amp; Introductions</td>
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<td><strong>Moderators:</strong> Jewel M. Kling, M.D., M.P.H., Suneela Vegunta, M.D. and Ekta Kapoor, M.B.B.S.</td>
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#### Breast Health

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Supplemental Screening in Women with Dense Breasts</td>
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<td>Christina A. Dilaveri, M.D.</td>
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<tr>
<td>8:00 a.m.</td>
<td>Identifying Patients at High Risk for Breast Cancer and Management Options</td>
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<td>Sandhya Pruthi, M.D.</td>
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<tr>
<td>8:30 a.m.</td>
<td>Integrative Medicine for the Cancer Survivor</td>
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<td>Denise M. Millstine, M.D.</td>
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<td>9:00 a.m.</td>
<td>Question and Answer Session</td>
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<tr>
<td>9:30 a.m.</td>
<td>Refreshment Break</td>
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#### Endocrinology

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>9:45 a.m.</td>
<td>Thyroid Updates (Subclinical hypothyroidism, hypothyroidism)</td>
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<td>Krupa B. Doshi, M.D.</td>
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<tr>
<td>10:15 a.m.</td>
<td>Women’s Health Diabetes Update 2020</td>
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<td>Bithika M. Thompson, M.D.</td>
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<tr>
<td>10:45 a.m.</td>
<td>Eating Disorders (Screening and Basic Principles of Treatment)</td>
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<td>Leslie A. Sim, Ph.D., L.P.</td>
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<tr>
<td>11:15 a.m.</td>
<td>Question and Answer Session</td>
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<tr>
<td>11:45 a.m.</td>
<td>Lunch (provided)</td>
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Thursday, March 5, 2020 (continued)

CARIOLOGY

12:30 p.m.  
Exercise is Medicine: Adding Years to Life and Life to Years  
Robert Scales, Ph.D., M.S.

12:50 p.m.  
Statin Therapy in Women: Show Me the Evidence  
Ekta Kapoor, M.B.B.S.

1:10 p.m.  
HTN in Women  
Mira T. Keddis, M.D.

1:30 p.m.  
Cardiovascular Risk in Women  
Anna Svatikova, M.D., Ph.D.

1:50 p.m.  
Question and Answer Session

2:20 p.m.  
Refreshment Break

POTPOURRI

2:35 p.m.  
Unconscious Bias  
Kenneth G. Poole, Jr., M.D., M.B.A.

2:55 p.m.  
Women's Sports Musculoskeletal Health Update  
Nancy M. Cummings, M.D.

3:15 p.m.  
Headaches in Women  
Rashmi B. Halker Singh, M.D.

3:35 p.m.  
Question and Answer Session

GENITOURINARY SYSTEM

4:05 p.m.  
Kidney Stones in Women  
Scott M. Cheney, M.D.

4:25 p.m.  
Urinary Incontinence  
Johnny Yi, M.D.

4:45 p.m.  
Genitourinary Syndrome of Menopause and Recurrent UTI  
Jason J. Jameson, M.D.

5:05 p.m.  
Question and Answer Session

5:30 p.m.  
Adjourn
Friday, March 6, 2020

6:30 a.m. Continental Breakfast

6:30 a.m. Roundtable Discussions: (Optional)

Medical Myths in Women's Health
Suneela Vegunta, M.D.

High Risk for Breast Cancer; Case Based Discussion
Sandhya Pruthi, M.D.

Nutrition & Supplements in Cancer Survivors
Heather E. Fields, M.D.

Contraception for Noncontraceptive Reasons
Paru S. David, M.D.

MODERATORS: Jewel Kling, M.D., Suneela Vegunta, M.D.
and Ekta Kapoor, M.B.B.S.

CANCER AND GENES

7:30 a.m. Genetic Cancers (An Overview of Testing Panel Options & How To Choose)
Margaret (Maggie) A. Klint, CGC

8:00 a.m. Radiation Therapy Update for Gynecologic Cancers
Sujay A. Vora, M.D.

8:30 a.m. Ovarian Cancer Update
Nina J. Karlin, M.D.

9:00 a.m. Pharmacogenomics for Primary Care
Adrijana Kekic, Pharm.D., R.Ph.

9:30 a.m. Question and Answer Session

9:50 a.m. Refreshment Break

MENOPAUSE/HORMONES

10:10 a.m. Update on Menopausal Hormone Therapy and Review of the Guidelines
Jewel M. Kling, M.D., M.P.H.

10:20 a.m. Hormones: Formulation & Route (Estrogens & Progestogens)
Suneela Vegunta, M.D.
Friday, March 6, 2020 (continued)

10:30 a.m.  Non-hormonal Medications for Vasomotor Symptoms
            Paru S. David, M.D.

10:40 a.m.  Custom Compounded Bioidentical Hormones
            Julia A. Files, M.D.

10:50 a.m.  Prescribing Hormone Therapy for the Cancer
            Survivor - “Effects of Hormone Therapy on Incidence,
            Recurrence and Prognosis of Various Cancers”
            Carol L. Kuhle, D.O., M.P.H.

11:00 a.m.  Question and Answer Session

FEMALE SEXUAL HEALTH

11:30 a.m.  Management of Hypoactive Sexual Desire
            Disorder (HSDD)- “New HSDD Care Process”
            Carol L. Kuhle, D.O., M.P.H.

11:45 a.m.  Sexual Dysfunction from a Sex Therapist
            Jennifer A. Vencill, Ph.D., L.P.

12:00 p.m.  Pelvic Floor Physical Therapy for Sexual
            Dysfunction
            Pauline Lucas, P.T., D.P.T., WCS

12:15 p.m.  Question and Answer Session

12:45 p.m.  Adjourn
Saturday, March 7, 2020

6:30 a.m. Tai chi and Yoga Class - Optional (No Charge – Must pre-register)

7:15 a.m. Continental Breakfast

7:50 a.m. Announcements

MODERATORS: Jewel M. Kling, M.D., M.P.H., Suneela Vegunta, M.D. and Ekta Kapoor, M.B.B.S.

DERMATOLOGY

8:00 a.m. Acne, Rosacea Treatment Options
Rochelle R. Torgerson, M.D., Ph.D.

8:30 a.m. Update on Vitamin D and Fish Oil (ASCEND, DREAM study)
Tina H. Byun, M.D.

9:00 a.m. Vulvar Dermatoses
Alison J. Bruce, M.B., Ch.B.

9:30 a.m. Dermatologic Manifestations of Systemic Disease
Aaron R. Mangold, M.D.

10:00 a.m. Question and Answer Session

10:30 a.m. Refreshment Break

NEUROLOGY, PSYCH AND SLEEP

10:50 a.m. Healthy Aging
Amit A. Shah, M.D.

11:20 a.m. Psychiatric Issues in the Patient with Cancer
Robert P. Bright, M.D.

11:50 a.m. Sleep Problems in Women: An Update With Treatment Options
Robin M. Lloyd, M.D.

12:20 p.m. Fibromyalgia in Women
Arya B. Mohabbat, M.D.

12:50 p.m. Question and Answer Session

1:20 p.m. Adjourn